

Hawaii MARINE SPORTS

Hawaii Marine C Section

August 13, 2004



Cpl. Jessica M. Mills

Thomas Callahan, coach and chief quality control noncommissioned officer for 1/12, jumps over a 3rd Radio Bn. player on his way to scoring the second goal of the game during the Post-Season Intramural Soccer Tournament, Aug. 6.

1/12 takes the limelight

Cpl. Jessica M. Mills
Sports Editor

Although 3rd Radio Battalion is the reigning Intramural Soccer Season champion, the second place team, 1st Battalion, 12th Marine Regiment, got their revenge in the Post-Season Intramural Soccer Tournament beating them 2-0, Aug. 6 at Pop Warner Field here.

At the beginning of the first half, 3rd Radio Bn. was confident and determined to add the soccer championship to their list of achievements, but 1/12 had other plans.

The season champs got off to a slow start. Their first play ended up out-of-bounds, giving control of the ball to 1/12.

The 1/12 forward took the throw-in and managed to quickly break through 3rd Radio Bn.'s defense. Although the 3rd Radio Bn. stopper made a quick attempt to stop 1/12, he was too slow, and the only luck the defenders had was quick keeper who caught the 1/12 forwards shot at the goal.

Third Radio Bn. was using all their skills to try and outwit their opponents, marrying up fancy footwork with powerful head butts, but they were not giving enough. The 1/12 offense was unrelenting and powerful, continually breaking through the defense and keeping control of the ball.

Third Radio Bn. tried another line of defense and forced 1/12 out of bounds repeatedly to keep them from scoring. The teams continued to pass up down the field unable to get any points on the board.

There was finally a break in the monotony when Thomas Callahan, coach and chief quality control noncommissioned officer for 1/12, crossed the ball during a corner kick to 1/12 forward Keston Lashley, assistant supervisor for the Maintenance Mobile Facility, MAG-24, who took the pass and put it in the net to take the lead, 1-0.

With about eight minutes left in the half, 3rd Radio Bn. kicked their game into high gear, breaking through 1/12's fullbacks, but failed to score.

The teams kept going head-to-head

but neither team seemed able to shake their defenses. Excitement seemed high when 3rd Radio Bn. took another shot at the goal, 2 minutes later, but the keeper ran out of the goal and plucked it straight from the ground.

The first half ended with 1/12 ahead, 1-0.

"We won first place in the regular season and we have had a great year. We are fortunate to have a group of stars that play as a team," said David Calloway, coach and battalion surgeon for 3rd Radio Bn., during the half. "Right now we are playing lackadaisical. We are lacking intensity, we need to buck up and play the game we know we can play. Basically, work together and score some goals."

The second half had a pretty fast tempo, but most of the plays were dominated by 1/12. A heavy downpour mid-half slowed the players down, but in no way deterred them from taking the field.

First Bn., 12th Marine Regiment made

See *SOCCER*, C-9

Da Kine skates to victory

Pfc. Rich Mattingly
Combat Correspondent

Da Kine, a 12-and-under inline hockey team from the Oahu Inline Hockey League, became the first team from Hawaii to win the USA Inline Hockey Championship, July 31.

The select team, featuring five hockey players from Marine Corps Base Hawaii, Kaneohe Bay, won the Stripes 12-under division Saturday at Alpharetta, Ga., by defeating Team Majik, 7-2.

Eric Tsuji scored three goals and John Whitty had two, to lead Da Kine in the title match. Goaltender Max Graessle had 12 saves.

Coach Ken Larson, who also coaches the K-Bay base youth inline hockey team, the Hammerheads, said he was very proud of the hard work the kids put in this season.

"We said that if we won regionals we would go to nationals, but we didn't get a chance to play in a final game there," said Larson, a former Marine who was stationed on Oahu for part of his 12 years in the Corps. "The parents and kids got together, though, and decided that we had so much going for us, we should go to nationals and see what the kids could do. We went there with a positive attitude, and we won."

Larson, formerly a hockey player from Michigan, told the kids they could shave his beard if they won, and he thinks that might have helped motivate them.

"They went crazy," he said. "I don't know if they were more excited to win or shave my beard off."

Master Gunnery Sgt. Les Kelly, assistant officer in charge of Naval Air Technical Data Engineering Services Command, led another team from K-Bay that went to the tournament in Georgia.

Kelly, who plays on the base adult team as well as coaching the Hammerheads 14-and-under team on base, has been involved in K-Bay hockey for years.

"We've been sending teams to regionals and nationals for a while; this was just the first team from Hawaii to win it all," said Kelly. "We're already looking forward to next year."

For more information on inline hockey in Oahu, call Youth Sports Coordinator Clark Abbey at 254-7611.

21st Dental strikes out HSL-37 in championship



Sgt. Jereme Edwards

Cortinez Jusiah, a pitcher for 21st Dental Co., winds up to swing at HSL-37 pitcher Rick Higgins's high lob Monday during the Intramural Softball Championship game.

Sgt. Jereme Edwards
Combat Correspondent

The 21st Dental Company "Young Guns" picked apart HSL-37 with a score of 13-4 during the final competition Monday on the diamond at Riseley Field in the 2004 Intramural Softball Championship here.

Jeff Heilman, HSL-37's left center fielder, started the contest with a bang, blasting a homer right from the start. Sam Phillips, the first baseman for HSL-37, began his night with a hard ground hit to right field that managed to land him on first. Then, Young Guns pitcher Jimmy Sumaya walked Cesar Velarde, center fielder for HSL-37, putting a man on first and second. Tony Ocasio, right fielder with HSL-37, cracked a hard one to right-center which was flung to second base off the bounce forcing an out on second and leaving a man stranded on first and third.

Brian Wheaton, nicknamed "Bobby Boucher," made the spectators go wild with his amazing smash over the fence which brought in the triple, putting

HSL-37 in the lead, 4-0. Next up was Rick Higgins, HSL-37 pitcher, who hit a line drive toward first, narrowly missing the first baseman's grasp while buying himself more than enough time to stretch it out and nab a triple. As designated hitter Brandon Coffelt stepped to the plate, he took a hard swing and sent the ball high into the left field, but Dental's outfielders snagged it to make three outs.

Dental's first few chances at bat weren't as fruitful as their opponents due to some great HSL pitching and fieldwork. Dental was limited to single base hits in the bottoms of the first and second. However, in the bottom of the third, the Young Guns mounted their comeback with a series of runs scored by players Matt Vannoy, Ray Bell and Beck Bradley bringing the score to 3-4.

Joe Guillan, Young Guns short stop, tried to keep the momentum going but was unsuccessful, giving Dental the first out in the third, but Phillip Ellis, left/

See *SOFTBALL*, C-9

BASE SPORTS

Edward Hanlon V
MCCS Public Relations

August Today

Flag Football Registration Extended — Marine Corps Community Services’ Youth Activities (YA), Windward Community Federal Credit Union and Hawaii Youth Sports League are bringing football back to Kaneohe Bay. Youth born between ‘90 and ‘98 are invited to join one of the leagues. Cost is \$40 for YA members, \$50 for nonmembers, and the

season runs Sept. 11 – Oct. 30. Practice begins Aug. 30. Registration is underway now, so call YA at 254-7611 or stop by Bldg. 5082. Volunteer coaches are still needed to make this program a success.

Youth Activities Cheer-leading Registration Extended — Registration is currently underway for Youth Cheer-leading. Numerous leagues are open for children born from ‘88 to ‘98 at a cost of \$40 for Youth Activities members, and \$50 for nonmembers. The season begins in October, but practice begins in August. Volunteer coaches are needed, so call Youth Activities at 254-7611 to support base youth.

14 / Saturday

Fighter’s Unlimited Boxing Challenge — The time has come again for members of Kaneohe Bays Fighter’s Unlimited Boxing Club to clench their fists and put in their mouth guards. Six bouts are scheduled for Saturday at Kahuna’s Ballroom with doors opening at 5:30 p.m. and the fights beginning at 6 p.m. Admission is \$12 and more excitement than Mike Tyson’s comeback blowout is promised for all who attend.

Adult Golf Intermediate Clinic — This golf clinic is open to all hands. Course instruction includes developing a consistent swing & developing consistent ball flight. For only \$80 per student, the group discount makes the class a tremendous value. Classes will be held five consecutive Wednesdays from 5 to 6 p.m. Space is limited. For more information, call 254-1745 or 254- 3220 now.

15 / Sunday

Beach Bash Cancelled — The Bi-Annual Beach Bash set for today has been cancelled. Call 254-7655 for future dates.

16 / Monday

Intramural Tackle Football Practice Begins — Equipment will be issued throughout the week. Contact MCCS Intramural Athletics at 254-7591 for practice and game information.

19 / Thursday



101 Days of Summer Softball Tournament — All hands are invited to enter a team in the 101 Days of Summer Softball Tournament, to be held at Riseley Field Aug. 19 – 22. Your point of contact is Quentin Redmon, who can be reached at 257-3900. Participating teams qualify to earn 101 Days of Summer points that could lead to earn-

ing additional unit party funds.

Résumés Due for the All-Marine Rugby Training Camp — The camp will be held at MCB Camp Lejeune, NC, from Oct. 10-17. Marines interested should submit résumés with command authorization to MCCS Athletics by Aug. 22. All-Marine Teams represent the Marine Corps in military and civilian competitions worldwide. Participants need command authorization and documentation of competitive history for most events. Call MCCS Athletics at 254-7590 for details.

27 / Friday

Women's Golf Clinic — Classes will be held 5 consecutive Fridays from 5 to 6 p.m. Course Instruction includes basic swing fundamentals, long and short game skills, game strategy, etiquette, safety and rules. The cost is only \$80 per student and is limited to 15 students. Call the Klipper Pro Shop at 254-1745 or 254-3220 to register.

September 1 / Wednesday

Résumés Due for the Armed Forces Judo Team — The Armed Forces Judo Team will compete in the CISM Judo Championships at Baku, Azerbaidjan in November. Marines interested in competing should submit résumés along with command authorization to MCCS Athletics no later than today. Call 254-7590 for more information.

8 / Wednesday

Intramural Football Season Begins — Head over to Pop-Warner Field for the 6 p.m. official kickoff of the Intramural Football Season. Games will follow every Monday, Wednesday, and Thursday at the same time. Call MCCS Intramural Athletics at 254-7591 for more information.

22 / Wednesday



Camp Smith 5-K Grueler — The 8th Annual Camp Smith 5-K Grueler run will begin at Camp Smith’s Sunset Lanai at 11:30 a.m. Registration fees are \$15.00 for individuals, and \$60.00 for six-person teams before Sept. 14. Late registration will be \$18.00 for individuals, and \$78.00 for teams. First place awards for individual categories (Ages 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Above), top three for teams, and top three overall for men and women. The course winds throughout the rugged terrain of Camp Smith at approximately 5 kilometers. To register, call 254-7590 or 254-7591 or look to www.mccs.hawaii.com for online registration.

Base All Star

Jimmy Ray Sumaya

Unit: Headquarters Battalion
Billet: Property control clerk
Position: Shortstop, catcher and pitcher
Hometown: Houston, Texas

- Sumaya began playing intramural sports when he enlisted in the Marine Corps in 1992 and has been playing ever since.
- He helped to put the 21st Dental Company Young Guns together three years ago when he arrived at Kaneohe Bay. After several years of near misses for the championship title, Sumaya can now say he helped the Young Guns go undefeated throughout the 2004 intramural softball playoffs.

30 & Over Basketball Standings

	Wins	Losses
CSSG-3	11	2
VP-4 #1	10	3
HQBN	4	9
CPRW-2	3	9

Intramural Basketball standings are current as of Aug. 4.

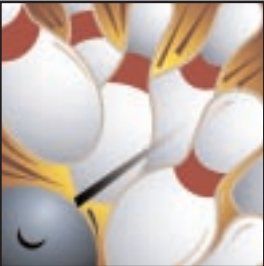
COMMUNITY SPORTS

State Offers Free Recreation

The Hawaii Department of Land & Natural Resources is offering education classes for the public. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility. Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters. The next two-day session is today from 5:45 to 10 p.m. and tomorrow from 7:45 a.m. to 4 p.m. in Classroom #A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. (Drive up the ramp to the classroom, which is the first room on the right.) A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200.

Bowling to Benefit Kids, Tomorrow

The 18th Annual Bowl for Kids’ sake fundraiser will be held tomorrow at Aiea Bowl. Sponsored by Jack in the Box Foundation, proceeds go directly to matching Hawaii’s keiki with Big Brothers and Big Sisters. Therefore, your help is needed in collecting pledges and



bowling in support of Big Brothers/Big Sisters’ one-on-one mentoring programs. This year’s event is sure to fulfill every bowler’s dream with ono grinds, mega entertainment, tons of prize giveaways and nonstop fun for the entire family. Participants can select from five different bowling shifts of three hours duration, which run from 9 a.m. to midnight. To find out more, visit www.bigs.honolulu.org, or call 521-3811, ext. 231 or 229.

HTMC to Hike Kalauao, Tomorrow

The Hawaiian Trail and Mountain Club will host a 5mile intermediate hike through Kalauao Valley, part of the ‘Aiea Loop Trail. Hikers should meet at Iolani Palace, mountainside at 8 a.m. Be sure to bring plenty of water and wear proper footwear. A \$2.00 donation is requested for each non-member, age 18 or over. Children under 18 must be accompanied by a responsible adult. Call hike coordinator Dave Sanford, at 488-4419 for details.

5K Memory Walk/Run

The Alzheimer’s Association presents a great walk/run event, Aug. 28, to help raise money for those individuals and families battling Alzheimer’s disease. Registration and preliminaries begin at 6



a.m. and the walk/run begins at 7 a.m. At the finish line, participants will enjoy food, prizes, and entertainment at Ward Warehouse. Entry fees are \$25, if registering by Aug. 21, and \$35 on race day.

Fishing Derby Scheduled

Big Brothers/Big Sisters is gearing up for some fun in the sun at its 12th Annual Fishing Derby and Beach Clean-up, sponsored by the Optimist Club of Honolulu, Aug. 29 from 9:30 a.m. to 1:30 p.m. This year’s location will be at the beautiful Luke beach home in Laie, where participants can enjoy an action-packed day of swimming, fishing, contests, awards, food and more. However, this event is limited to the first 20 matches, but no fishing experience is needed. Equipment and lunch will be provided. For more details, contact Nate Fong at 521-3811, ext. 225.

Hale Koa Hosts Summer Fitness

If tennis is your sport, “do” the Labor Day Weekend Tournament, Sept. 4 – 5. Call the Hale Koa Activities Desk for more details at 955-0555, ext. 546. Also, be sure to ask about future happenings at The Point Health Club at the Hale Koa Hotel. Call the health club at 955-9155 for more information.

Range Challenges to ‘Take Your Best Shot’ at Hunger

Hunters, anglers and any outdoors

enthusiast who cares about human and natural resources are encouraged to come out and celebrate the 33rd National Hunting & Fishing Day at Koko Head Shooting Range, (the first left past Hanauma Bay on Kalanianaʻole Highway, headed toward Waimanalo), Sept. 25 and 26 from 10 a.m. to 4 p.m. Bring a canned food or cash donations for the Hawaii Food Bank, and for each canned good or \$1 donation, you will receive a free activity coupon to participate in skeet, .22 rifle or handgun, muzzleloader, archery, air gun or a fish casting contest. Lots of fun, demonstrations, food and prizes are planned, so come celebrate and feed the hungry in the process. For more details, call Hawaii’s Hunter Education Program at 587-0200.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out the weekly Bellows Outdoor Adventures programs. For more information, call Turtle Cove at 259-4121, anytime between 8 a.m. and 8 p.m.

Hawaii Marine Accepts Sports and Recreation Briefs

Advertise sports and recreational activities of general interest to the DoD community in the *Hawaii Marine*. E-mail items to editor@hawaii.marine.com, or call the *Hawaii Marine* at 257-8836 or 257-8837.



The Bottom Line

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both. Our two resident sports junkies welcome your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send "Readers Strike Back" comments to editor@hawaiimarine.com. Remember, "If you don't speak up, you won't be heard!")

Who will strike out in MLB trading?

Capt. K.D. Robbins
The Professor

For some, it's the shiny set of new irons that will correct a slice and stick the ball next to the pin. For others, it's the mid-life crisis Corvette that will compensate for a receding hairline and protruding abdomen. Sometimes, change is imminent.

But, all is not lost in the Big Apple, or in cities like Atlanta or St. Louis. Sometimes the status quo is just fine too.

Winners

1. *Florida Marlins* — Does anyone remember the Marlins are the world champions? This is why. They acquire a leader in Paul Lo Duca to mentor a bunch of whippersnappers who won't listen to anyone who tells them they aren't good enough to repeat. With moves like that, the NL East could sleep with the fishes.

2. *New York Mets* — Here's the formula: Trade dead weight for two number one starters. Kris Benson and Victor Zambrano are not Hall of Famers, but adding young fire to a rotation is a bold move that will do nothing less than energize a lifeless clubhouse. Wasn't the other New York team in need of some starting pitching?

Losers

1. *Philadelphia Phillies* — See above.

Two NL East division rivals made significant upgrades to their roster. No moves are fine when you're winning, but the Phillies are not.

Larry Bowa best put his house on the market before mortgage rates skyrocket.

2. *Los Angeles Dodgers* — Where does it say the hottest team in baseball should trade away its' team leader and its' young talent? Nowhere!

Trading Lo Duca may not prove suicidal, but giving away top prospects for geriatrics Steve Finley and Brad Penny was simply stupid.

L.A. will miss those prospects when they realize that Shawn Green is no Triple Crown threat and Milton Bradley's temper is a ticking time bomb on the brink of explosion.

Bottom Line: The National League East is the high-rollers division. But, it is also the Braves house. With Atlanta coasting through the division on cruise control, any moves may prove a moot point.

New York and St. Louis stayed put and seem content on riding the season out with few significant changes. Yet, one has to admire teams that make the moves to improve.

For the Marlins and Mets, it may prove to be a case of betting on the full house only to find the Braves hold fosur of a kind. The house always wins.

Sgt. Joe Lindsay
The Goat

Besides the April 15 deadline for the Internal Revenue Service, there is probably no more crucial deadline than the Major League Baseball trading deadline of July 31. On this date, the careers of general managers are made - and destroyed.

Unlike in football or basketball, the MLB trade deadline doesn't usually take as long to figure out who blew it and who made out like bandits. That's because in MLB, the trading deadline seems to represent a concerted effort to make a run at the pennant, and October is only a couple months away.

Please save your Reader's Strike Back submissions on this subject for November, so the Goat can say, "He told you so." Having said that, here are the Bottom Line's picks for the winners and losers of this years MLB trading deadline.

Winners

1. *Florida Marlins* — What is Florida GM Larry Beinfest trying to do, win back-to-back World Series titles or something? Obviously, that is exactly what he's trying to accomplish, and he just might do it.

Florida pulled off the steal of the trading deadline by landing catcher Paul Lo Duca from the Dodgers. Lo Duca is no Ivan Rodriguez, but he's the closest thing to a "Mini-Pudge" out

there, and the Marlins couldn't have done much better.

Also, setup man Guillermo Mota makes Florida tough to beat in the late innings.

2. *Chicago Cubs* — By acquiring Nomar Garciaparra from Boston, the Cubs and GM Theo Epstein are definitively trying to show that this is the year the "Billy Goat Curse" ends. Forget that Garciaparra is a free agent after the season and that the Cubs might not be able to keep him. All that matters is getting the goat off their back. This could finally be the year, but probably not, because after all, they're still the Cubs. But at least they're trying out there in Wriggleyville.

Losers

1. *Los Angeles Dodgers* — GM Paul DePodestais is messing with success. Trading Lo Duca was stupid, not just because he is a great catcher, but more importantly because he was the heart and soul of the first place Dodgers. You just don't mess with team chemistry like that. Look for L.A. to be wearing faded blue by the end of the season.

2. *New York Yankees* — You can't always get what you want — even if you are George Steinbrenner. The

See *GOAT*, C-9

Readers Strike Back

“...The Bottom Line just keeps getting better and better...”

Dear 'Bottom Line,'

Just wanted to drop you a line to say that your last two articles on Lance Armstrong and Ricky Williams were two of the best ever.

It never ceases to amaze me that the 'Bottom Line' just keeps getting better and better.

As a sports nut and reggae music fan, I thought the Goat's rendition of No Woman No Cry/No Ricky no Cry

was pure genius. I'm looking forward to the next 'Bottom Line' as always.

Yours Truly,
Greg Jones
San Anselmo, Calif.

Casting out on MCB Hawaii

Fishing is open aboard K-Bay with restrictions

Pfc. Rich Mattingly
Combat Correspondent

With so much to do around Oahu, it’s easy to forget an old, reliable sport that can yield hours of relaxation and provides rewards that will more than fill your dinner plate.

Fishing is alive and well on the island of Oahu, and Marines, Sailors and their families can easily take advantage of the prime, Hawaiian fish finding spots here on base and in the surrounding waters with just a little bit of knowledge of fishing regulations and restricted areas.

All active duty, retired and reserve military personnel, their dependants and house-guests as well as civilian Marines may fish aboard Marine Corps Base Hawaii 24 hours-a-day in the following locations:

Fuel Pier. When fishing from the fuel pier, it is important to remember no vehicles are allowed on the pier, and no open flames or gas lanterns are allowed at any time. Also, access to the fuel pier will be restricted anytime a fueling operation is underway.

T-Pier at Waterfront Operations. Located at Waterfront Ops across the flight line, the same rules apply as at the base fuel pier except lanterns are allowed.

West-side of Base Marina. The cove beginning at the north edge of the concrete platform attached to the launching ramp, just up from the scuba shop. Fishing is not allowed from the shore of the dry boat storage area.

Fort Hase Beach. Fishing is permitted from 300 feet south of the rock wall, northward to Fort Hase Beach and northward through the beach to the road gate and off-limits sign. Boat fishing offshore is also permitted, but Base Safety advises those fishing from boats to be cautious of hazardous conditions caused by the waves and shoals.

North Beach. Fishermen should stay at least 300 feet away from the runway. Boats should stay at least 200 yards offshore to avoid surfers, swimmers, divers and hazardous surf.

Pyramid Rock Beach. Fishermen should follow the same regulations as at North Beach.

Hale Koa Beach. Boats are not allowed in this

area due to the proximity of swimmers and the threatened turtle population.

So, now that you know where you can fish on base, what should you use to reel in the big one? The base marina has fishing rods and reels for rent, or you can go the way of the spear-fisher who likes to stalk his prey more directly. Even those inclined to use fishing nets are allowed to snare fish, with a few restrictions.

Fishermen and women may not use more than one pole at a time, and no fish or aquatic life taken aboard Marine Corps Base Hawaii may be sold.

All spear guns on base must be registered with the Provost Marshal’s Office, and children under the age of 13 must be accompanied by an adult when spear fishing.

Using nets is allowed if the net spacing is no less than two inches.

For more information on renting equipment from the base marina, call 257-7667.



Ahi
Minimum size – 3 pounds



Aholehole
Minimum size – 5 pounds



Amaama (striped mullet)
Minimum size – 11inches
Season closed
December - March.



Kala
Minimum size –14 inches



Awa
Minimum size – 9 inches



Moi
Minimum size – 11 inches
Bag limit 15
Season closed June - August.



Kona Crab
Minimum size – 4 inches
No spearing or taking with eggs.
Season closed May-August.



Ula papapa (Slipper Lobster)
Minimum size – 2-3/4 inches tail width
No spearing or taking with eggs.



Ula (Spiny Lobster)
Minimum size – 3-1/4 inches carapace length
No spearing or taking with eggs.



Oscar
Minimum size – 11 inches
Bag limit 15
Season closed June - August.



Bluegill Sunfish
No restrictions



Channel Catfish
Bag limit 3



Largemouth Bass
Minimum size – 9 inches
Bag limit 10



Smallmouth Bass
Minimum size – 9 inches
Bag limit 10

==HEALTH & FITNESS==

Semper Fit Center hosts Health & Fitness Fair

Edward Hanlon V
MCCS Marketing

Walk, run or bike over to the Semper Fit Center for the MCCS Health & Fitness Fair to be held in the Center’s Main Gym, on Aug 26.

The fun filled fair begins at 10 a.m. and will run until 1 p.m. Patrons will be treated to displays and information encompassing all areas of fitness and healthy lifestyles.

Both kids and adults can get some good learning in from displays including: Sports Medicine and Rehabilitation Team (SMART) clinic, Navy Health Promotions, Kahuna’s, Aquatics and

Water Safety, Marine and Family Services, the Joint Education Center, Herbalife, Tiki Tanning, fitness, safety, massage therapy, nutrition, K-Bay Lanes bowling, the effects of tobacco use, substance and alcohol abuse prevention and STD/HIV prevention and education.

Participants of the Health & Fitness Fair merit 101 Days of Summer points for their unit. Accumulation of points from this event and of other 101 Days of Summer events can earn additional unit party monies.

For more information on the fair, contact Jon Shiota, Fitness Coordinator, 254-7597 or Dan Dufrene, Health Promotion Coordinator, 254-7636.

Eye health

Glaucoma is a silent threat

Seaman Erica Mater
*National Naval Medical Center
Public Affairs*

Glaucoma is an eye disease that can gradually impair your vision without warning and, oftentimes, without symptoms.

The National Naval Medical Center's glaucoma specialist, Capt. Matthew Nutaitis, said it is important for military health care beneficiaries to have eye exams to help detect glaucoma early. With early detection, glaucoma can be treated, hopefully preserving the vision of our military retirees.

“Although the disease cannot be reversed, there are medications and treatments that slow the disease and stabilize vision,” said Nutaitis, who is one of only two glaucoma specialists in the Navy.

According to the Glaucoma Research Foundation, more than 3 million Americans have glaucoma, but only half of those know they have it. Glaucoma is also the leading cause of preventable blindness.

Symptoms of glaucoma include loss of peripheral vision. Seeing rings or halos around light, difficulty adjusting eyes to the dark, and headaches or eye pain are symptoms of narrow-angle glaucoma. However, these are late symptoms and do not usually develop until the later stages of the disease.

There are certain groups that are at higher risk for the disease. African-Americans, people over 60, and those who have sustained serious eye injury are at a higher risk for glaucoma. Also, those who have a family history of glaucoma are also at a higher risk for developing the disease.

“We really want to educate people about glaucoma,” said Nutaitis. “They sometimes call it a silent threat, because it sneaks up on people. But if you get regular screenings, you will be able to see it coming, and more importantly, you’ll still be able to see.”

Pro football has long military history

Samantha L. Quigley

American Forces Press Service

CANTON, Ohio — Over the years, many associated with professional football have traded their team’s colors for those of their country.

“Football in America: The NFL Responds During National Crisis” is the Pro Football Hall of Fame’s tribute to those who fought both on the gridiron and the battlefield. The exhibit opened this month.

The display incorporates military and football uniforms with facts on the NFL’s involvement in national crises and conflicts. There are also vignettes about those who fought in those conflicts.

Steve Sabol, president of NFL films, appears in one of two moving and inspirational films included in the exhibit. In that film, he describes football players and service members as sharing many qualities, including the characteristics of teamwork and the ability to rebound from defeat. This, he says, shows a “band of brothers can wear the uniform of their teams as well as their country.”

While World War II saw the most involvement of NFL personnel, every conflict since the NFL’s 1920 creation has seen at least one player contribute to the effort. According to the exhibit, 28 players fought in Korea, and one player, Chad Henning, traded shoulder pads for a flight suit in the Gulf War.

To date, one NFL player left the field to join the efforts in the global war on terror. Pat Tillman of the Arizona Cardinals was killed in action in Afghanistan.

The exhibit includes a tribute to Tillman, including an interview taped just before the NFL resumed games after the Sept. 11, 2001, terrorist attacks that centers on Tillman’s views of the events. Tillman joined the Army and became a Ranger at the end of the 2001 season.

Three service members with pro football connections earned the Medal of Honor in World War II.

Army Lt. Maurice Britt had been an end for the 1941 Detroit Lions before he shipped off for Italy.

There, Britt — described as a “one-man army” — was seriously wounded in a firefight with German troops but continued to fight an enemy “superior in number.” He was the first

World War II soldier to receive the Medal of Honor, the Distinguished Service Cross, the Silver Star and a decoration from the British government.

The other two Medal of Honor recipients were Marine Capt. Joe Foss, who went on to become the American Football League commissioner from 1960 to 1966, and Marine Lt. Jack Lummus, who received his medal posthumously after being killed in action on Iwo Jima in the Volcano Islands. He played for the 1941 New York Giants.

Those who weren’t overseas supported the war effort at home by selling war bonds. People connected to the NFL sold bonds that generated \$4 million worth of sales in 1942 alone. At one rally in Milwaukee, three Green Bay Packers sold \$2,100,000 worth of war bonds. For their efforts, hall-of-fame coach Curly Lambeau, Cecil Isabell and hall-of-famer Don Hutson received Treasury Department citations.

Later, players went off to the conflicts in Korea and Vietnam. Some again traded uniforms; others went as part of what became a United Service Organizations program that continues today.

In 1965, then-NFL commissioner Pete Rozelle had an idea to send players on “goodwill tours” to Vietnam. The first tour went over in 1966, and the NFL’s affiliation with the USO began in 1971. Air Force Reserve Capt. Steve Purvis of Wright-Patterson Air Force Base, Ohio, toured the exhibit and said he knows service members appreciate the USO



Samantha L. Quigley

Pro Football Hall of Fame visitors take in the “Professional Football and America: The NFL Responds During National Crisis” exhibit.

trips.

More recently, players have supported the military and the country in other ways. After 9/11, the NFL Players Association contributed \$10 million to disaster relief.

The exhibit seems to have impressed its visitors.

“It’s very moving, especially the Pat Tillman display,” said Anthony

Giantonio of West Milford, N.J., who came here with his father for the Aug. 8 induction ceremony for new hall-of-famers Bob Brown, Carl Eller, John Elway and Barry Sanders.

Lou Nuccio of Clifford Beach, N.J., echoed that sentiment. “Very nice, very informative,” Nuccio said. “You don’t realize how many (pro football players) fought and died in conflicts.”

Here's a sobering thought.



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Purple Heart recipients honored at Hall of Fame

Samantha L. Quigley

American Forces Press Service

CANTON, Ohio — It was the Deacon’s doing.

After visiting troops in Iraq and at Walter Reed Army Medical Center in Washington, pro football hall-of-famer David “Deacon” Jones looked to his football past to bolster the service members’ morale. The result was a trip here for the 2004 Hall of Fame weekend and game for four Purple Heart recipients.

“(Jones) worked it all out,” said Marine Lance Cpl. Kevin Rumley, of Fairfax, Va.

Rumley, Lance Cpl. Christopher Johnson, Army Staff Sgt. Thomas Gillis and former Army Pfc. Alan Lewis were introduced to the crowd gathered at Fawcett Stadium Sunday for the 2004 Hall of Fame Enshrinement Ceremony.

The ceremony was just one of the weekend’s highlights, which included a private dinner with hall-of-famers, a recognition luncheon Monday, and player autographs. The Purple Heart recipients all agreed the NFL had been fantastic, and the reception from the public was very positive as well.

“The fact that the NFL has supported us and recognized us has really brought the morale up,” said Gillis, currently on medical hold and awaiting a medical discharge resulting from a spine injury suffered in Afghanistan. “It was kind of like, ‘Welcome home.’”

Johnson agreed that the reaction from the public and the NFL had been “awesome.”

“I had an opinion of (the NFL), and when I met them, that opinion changed,” Johnson said. He added that the attention the soldiers received over the weekend was a little overwhelming. “I’m not used to it at all,” Johnson said.

The appreciation carried over to the festivities late Monday. In this year’s first NFL pre-season game, the four Purple Heart recipients stood at midfield as they were introduced to the sold-out stadium and millions of TV viewers before the start of the matchup between the Denver Broncos and the Washington Redskins.

Heywood, the retired Marine, delivered the game ball at the start of the matchup.

An appearance by members of Rolling Thunder, a group of military veteran motorcycle enthusiasts involved in POW/MIA issues, completed the military’s involvement with the Hall of Fame game, which ended with the Redskins taking home a 20-17 win over the Broncos.

Gillis, of Massachusetts, was with the 3rd Battalion, 504th Parachute Infantry Regiment, of the 82nd Airborne Division, when he was injured. His spinal injury has required three surgeries to date, and physical therapy is

ongoing.

Gillis’s surgeon, Lt. Col. Tim Kuklo, is from Canton, and his parents still reside there. This weekend gave Gillis a chance to meet the Kuklos over breakfast.

Johnson, of Lancaster, Pa., was shot 15 miles from Fallujah, Iraq, on June 20. He lost his right arm and required six blood transfusions. His doctors say he’ll be at Walter Reed for another six to 12 months. A self-described optimist, Johnson said hopes to be a guest there for no more than another month.

Lewis was seriously injured serving with the 3rd Infantry Division in Iraq, and has since left the Army. “I know they do this annually,” the Milwaukee, Wis., native said. “(But), it was a once in a lifetime for me.”

College is in the cards for both Rumley, who currently uses a wheelchair due to his injuries, and Johnson.

Assigned to Company L, 3rd Battalion, 7th Marines, out of Twentyninepalms, Calif., Rumley is considering a degree in special education dealing with children with Downs syndrome when he leaves the Corps. He



Samantha L. Quigley

Lance Cpls. Christopher Johnson and Kevin Rumley, and Army Staff Sgt. Thomas Gillis get some individual attention from the 2004 Hall of Fame queen and her court Aug. 9. The three received Purple Hearts for injuries suffered in Afghanistan and Iraq.

said a childhood friend had influenced his consideration. Johnson, who is with the 2nd Battalion, 2nd Marines at Camp

Lejeune, N.C., isn’t quite sure of his plans, but suggested he might be leaning toward history or psychology.

Semper Fit ‘does the body good’

Massage therapy aids healing, rejuvenation

Cherie Dewar
Navy LIFELines

If you’ve ever cramped your calf muscle while crawling under barbed wire, or your back (and probably your brain) is tense from picking up your toddler 20 times a day, consider massage therapy as an alternative to ice packs and an aspirin.

Massage has become increasingly recognized as a key to accomplishing overall wellness — but wait, that sounds so medical. Actually, a therapeutic massage can feel just heavenly. And a slice of this heaven is offered at several bases through the Marine Corps Semper Fit program, including MCB Hawaii.

Semper Fit therapists understand the unique pressures a military person or family member has to live with.

Why Try a Massage?

You’ll feel the benefits head to toe, and that’s no cliché. In addition to the obvious stress-reducing, relaxed feeling you get from a massage, literally getting the kinks out of your muscles leads to increased circulation.

This, in turn, makes your muscles and joints more flexible, releases built-up toxins, and calms your nervous system. When your mental stress decreases and your blood flows more freely, your immune system is more efficient and your sleep is more restful. You can lead or support your team, or take care of your family, much more easily.

Overall well-being is the goal of massage, and if you’ve suffered an injury to your muscles (back, hamstring, calf, shoulders, etc.) you’re definitely blocked from achieving this outcome. Massaging the area can stimulate the healing process by loosening the tightness that typically follows these injuries.

Of course, first get permission from your doctor that massage is a proper treatment for you, and discuss your ailment with the licensed therapist before the massage. This insures that they take the proper precautions when addressing any injury.

What Happens During a Massage?

The thought of being massaged by someone you don't know may be unsettling at first, but, as with a doctor, the therapist won’t be seeing anything they haven’t already seen. In fact, the only part they will see is the imme-

diate area they’re working with.

A typical massage begins with discussing your goals with the therapist. Be sure to inform them if you’re pregnant or if you have an illness such as cancer, HIV, or diabetes. The therapist will then leave the room while you either disrobe completely or down to your underwear, and cover yourself with sheets after you lie down on the massage table.

After a massage, drink plenty of water throughout the day to wash away the toxins released from your muscles.

Base Massage Therapy

Call the Kaneohe Bay Semper Fit office at 254-7597 or Camp H.M. Smith at 477-5197 to make an appointment.

Veterans and retirees are also eligible for this well-priced service, which is \$25 for a half-hour session and \$40 for an hour.

Personal trainers set the course

Deb Trzcinski
Navy LIFELines

When you think of a personal trainer, what comes to mind? Hollywood? Wealthy celebrities? How about the base gym? That’s right. This luxury, often reserved for the rich and famous, is now offered at no cost at many Navy and Marine Corps base fitness centers.

Get With the Program

Whether shedding a few pounds or hoping to run long distances, a personal trainer can assist you in meeting your fitness goals. For optimal results, these trainers will instruct you on the proper use of fitness equipment located at the gym. Additionally, they can help you incorporate cardiovascular activities, such as walking, running, swimming, and aerobics to maximize your workout time.

A Plan of Action

When Ken Collins, a Sailor and devoted runner, wanted to add weight training to his workout, he sought the servic-



Cpl. Jessica M. Mills

Trainers at the Semper Fit Center aboard Kaneohe Bay help Marines, Sailors and family members develop programs that work with their lifestyle and goals.

es of a personal trainer at the local base gym. Collins says that he initially went in to get instruction on weight training and came away with a plan centered on goals he had set for himself. “The trainer took the time to outline a complete fitness regimen for me,” he said.

Fitness assessments are beneficial in helping a personal trainer develop a program

specifically for your fitness needs. This evaluation often involves a personal profile, including such things as weight, body fat, strength, and cardiovascular condition.

Working the Plan

The value of having an exercise partner or someone to be accountable to is priceless.

See *FITNESS*, C-9

Did You Know?

Multisensory Learning is an instructional approach that combines auditory, visual, and tactile elements into a learning task. Tracing sandpaper numbers while saying a number fact aloud would be a multisensory learning activity.

GOAT, From C-3

baseball world breathed a collective sight of relief when the Big Unit didn’t end up in the Big Apple.

Bottom Line: This year, a couple of GMs became Generals Patton (Beinfest) and McArthur (Epstein). But for every great leader, there must also be a Napoleon Bonaparte (DePodesta) thrown in, who somehow still thinks it is a good idea to invade Russia in the winter. Anyway, it’s all a mute point. The Oakland A’s are going to win it all. And they out-smarted everybody by doing nothing.

FITNESS, From C-8

Your trainer is like a workout partner, only better. The trainer will keep you working on your program as well as charting your progress as an incentive to keep you going. Once you have been evaluated or have discussed a specific plan, the trainer will meet with you as often as necessary. Initially, you might meet with the trainer a couple of times per week. Eventually, over time, you’ll become more independent.

Sticking With It

Trainers are continually available, even after you have agreed to end your scheduled training time. You can seek their advice for starting new programs or adding additional equipment to your workout.

Locations and Costs

Personal trainers Terry Snider and Stacy Hertzog can be found aboard MCB Hawaii, Kaneohe Bay. The cost for a trainer is free to active duty service members. Family member receive a free initial assessment and pay only \$5 for additional appointments. Besides the low/no-cost factor, a great benefit of this program for those who live or work on base is accessibility. It's easy to make a stop by the gym before or after work or during the lunch period. Call 254-7597 to set up a meeting with a personal trainer

End Results

In no time, you'll find yourself fitting nicely into that old pair of jeans stashed away in the bottom drawer or the uniform you bought a while back. Perhaps you’ll even run a marathon. Collins did just that. With the specified program set up by his personal trainer, he built strength in crucial areas of his body. “This helped keep me injury free as I piled up significant mileage for the marathon,” he said. As if 26.2 miles isn’t enough, he’s on his way to a second marathon. Collins says, “The facilities at the base gym are really second to none. There is absolutely no reason to pay for services on the outside when what is provided by the military is simply better.”

SOCCKER, From C-1

the second goal when Callahan received a long-pass from Lashley and swept the ball to the left of the net, raising 1/12’s lead 2-0. Then 3rd Radio Bn. player Tony Escalante, a motor transport operator for Combat Service Support Group 3, received a long pass and came along the right corner of the goal box. He drove for the goal, but the 1/12 keeper grabbed the shot. Third Radio Bn. was slowly losing steam, but not heart. Escalante again took control of the ball and sped down the sideline beating 1/12 defender and family member Karen McGrail. Just as he was about to take his shot, a 1/12 full-back slid into his feet, causing him to miss the shot. With 1/12 still ahead 2-0, 3rd Radio Bn. took every shot they could muster, but always missed by a hair. They were finally called offside and 1/12 was awarded a free kick. The kick was unsuccessful, but the game still ended with 1/12 winning 2-0, taking the Post-Season Intramural Soccer Tournament Championship. The 1/12 keeper, Carlos Moreira, a motor transport operator for 1/12, was named team MVP for the championship game. He

SOFTBALL, From C-1

center fielder, answered right back with another run scored. Sumaya stepped to the plate and was also unsuccessful at bat, but loosened the defense just enough for Tyler Morris, Dental third baseman, to get to first. Mike Mchady, left fielder, who made it clean to second, followed but Don Hosea, designated hitter, was unable to bring them home ending the third tied at four. The 21st Dental Company flossed HSL-37 right out of the batters box in the top of the



Cpl. Jessica M. Mills

Third Radio Bn. players chase down the ball with 1/12 hot on their tails in the first half. Although 3rd Radio Bn. put out tremendous effort, 1/12 still won the championship 2-0.

finished the game with six saves and zero misses. “We won because we gave 110 percent hustle. Over the last two and a half weeks our team’s gameplay has stepped up com-

pletely,” said Callahan. “We began by losing the first game of the season, making some serious changes in our strategies, and never looking back. Now we are the champions. We wanted it more — it was pure hustle.”

fourth inning when three batters went up and down with not one setting foot on a base. Dental’s first baseman Ilario Castro tried to start the bottom of the fourth with a bang with a high fly ball to right field, but wasn’t able to get it out of HSL-37’s outfielders range. Cortinez Jusiah, Young Guns pitcher, denied the HSL-37 defense by scoring a run and shaking it up just enough for the come back trio. Vannoy, Bell and Bradley one each to bring the score to 8-4, Dentals lead. While trying to slow the momentum HSL-37

tagged Guillan out before he could even touch base, but trying seemingly un phased Ellis came to bat and brought in another run with an sweet hit to center field. Sumaya went up to bat and down he went again ending the fourth with a score of 9-4, Dental in the lead. HSL-37 was unable to make anything happen in the tops of the fifth, sixth or seventh innings however, as Dental managed to squeeze in another four runs to end the game with a victory and the season as champions, 13-4.